

MY FAVORITE PLACE

As you walk through this guided imagery, you can experience the calmness and security you feel in this place. Use this tool to create a calm and safe environment for you to return to whenever you need it.

Favorite

Place: _____

Hear:

See:

Smell:

How do you feel:

Take a few deep breaths, really taking in how this space makes you feel, noticing the security, joy, and love. Then slowly open your eyes whenever you are ready.